

OSC151

Fitness test

Duration	30 min
Target group	Delegates on HLO and Search and Rescue Team courses.
Prerequisites	Valid health certificate confirming the delegates suitability to test their fitness in accordance to their function as a smoke diver.
Objective	N/A
Contents	Fitness test alt. 1 according to point 7.1.3.1 in the guidelines from Norwegian Oil and Gas.
Exam	N/A